



# ENTRY FORM

**Tick the appropriate box**

21.1km     
  10km     
  5km

**Club:** ..... **Licence No:** .....

**Name of School if scholar:** .....

**Surname:** ..... **Name:** .....

**ID No:** ..... **Date of Birth**.... /..... /.....

**Gender:** ..... **Age:** ..... **Phone Cell:** .....

**Email Address:** .....

**Emergency contact:** .....

**Emergency number:** .....

21.1km (60+ R120.00) R200.00 R.....

10 km (60+ and u/19 R 90.00) R130.00 R.....

5 km Fun Run R 50.00 R.....

Temporary License (21.1km & 10km only) R 50.00 R.....

**Total** R.....

**INDEMNITY / WAIVER**

By entering this event I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

**MINOR RELEASE:** and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter this Indemnity/waiver on behalf of the minor.

**I agree to not litter during the race and accept disqualification if reported for doing so!**

**Signature:** ..... (Athlete, or Parent/Guardian of minor)



## PRIZE MONEY

21.1 Km	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Open Male / Female	R2 500	R1 200	R1 000
Male/Female 35-39	R550	R300	R200
Male / Female 40-49	R550	R300	R200
Male / Female 50-59	R550	R300	R200
Male / Female 60-69	R550	R300	R200
Male / Female 70+	R550	R300	R200
Male / Female Junior	R550	R300	R200
10km	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Open Male / Female	R1 500	R1 000	R750
Male/Female 35-39	R450	R300	R200
Male / Female 40-49	R450	R300	R200
Male / Female 50-59	R450	R300	R200
Male / Female 60-69	R450	R300	R200
Male / Female 70+	R450	R300	R200
Male / Female Junior	R450	R300	R200
5km (Vouchers)	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Open Male / Female	R300	R200	R100

**Medals will be awarded as follows:**

	21.1km	10km	5km
<b>Gold</b>	20	20	20
<b>Silver</b>	30	30	30
<b>Bronze</b>	350	350	150

**For further information please contact:**

**Bianca van Niekerk**      082 373 6517  
**Chrisma Rautenbach**    072 397 0970  
**Irene van Eeden**         083 299 1775



**Race organized in accordance with the rules and regulations of WA, ASA and EPA and supported by Nedbank RC EP.**



## RULES & GENERAL INFORMATION

The 21.1km will start at 07h30, 10km at 07h45 and 5km at 08h00 at the Gamtoosvallei Primary School/Laerskool Gamtoosvallei.

- The route is a combination of tar and farm roads through the Orchards.
- Entries can be handed in to Brian Bands Sports and UD Sport in Uitenhage until Wednesday 3 September 2025.
- Online entries will be available on [www.webtickets.co.za](http://www.webtickets.co.za) and will close on Tuesday 2 September 2025 at 22h00.
- Race committee reserves the right to accept or reject any entry.
- Race number collection and late entries will be available from the Westbourne Oval between 12h00 and 14h00 on Friday 5 September and between 17h00 and 18h00 at race venue, as well as from 06h00 on the morning of the event. Ordered merchandise must be collected from registration in Gamtoos.
- All athletes indemnify the National, Provincial and Regional Bodies, the Sponsors and the Organizers against all and any actions of whatsoever nature.
- Official 2025 license numbers to be worn on front and back of vest with the official race number on the front.
- Temporary license holders must wear a plain T-shirt or vest and display the license on the back of the T-shirt or vest with the official race number on the front.
- Temporary licensed athletes are not covered by ASA Insurance scheme and are encouraged to join an athletics club.
- Age category tags to be worn to qualify for age category prizes.
- Prize winners may be requested to provide proof of age.
- Entrants MUST be 16 years or older on the day of the race for the 21.1km, 14 years for the 10km. All ages welcome for the 5km, but unaccompanied minors must be at least 9 years of age.
- The cut off time for the 21.1km is at 11h00 and at 09h30 for the 10km & 5km.
- Prize giving for the 5 and 10km will start at 09h30 and at 11h00 for the 21.1km
- Prize winners must be dressed in their club colors during the presentation.
- There will be lucky draws.
- There will be water stations along the route, no personal seconding will be allowed. PLEASE DO NOT DRIVE ON THE ROUTE.
- **Please take note, to ensure our future crops and being kinder to our Valley environment, biodegradable cups will be used at water tables. DO NOT DROP YOUR LITTER on the ground. USE THE BINS.**
- Anti-litter campaign: Make use of the refuse bins along the route.
- Littering outside the designated areas could lead to disqualification.
- Race officials and marshals are to be always obeyed.
- All runners run on the right-hand side of the road unless otherwise instructed by a marshal.
- Toilet facilities are available at the Start / Finish.
- The wearing of earphones may lead to disqualification.
- **Please ensure that you plan to arrive at least 45 minutes before the start of your event to avoid traffic congestion or delays.**

**Familiarise yourself with our area and everything on offer & stay informed of all Race information by liking both the Instagram (#gamtoosvalleyfarmrun) and Facebook pages. (<https://www.facebook.com/gamtoosvalleyfarmrun>)**



# ONLINE ENTRIES OPEN ON 1 JUNE 2025

For more information, please visit us on Social Media



@gamtoosvalleyfarmrun



@gamtoos\_valley\_farmrun

FAMILY FUN . FOOD STALLS

FUN WATER POINTS . MERCHANDISE

LUCKY DRAWS . SUPPORT LOCAL

5  
KM

10  
KM

21.1  
KM

CATEGORIES: 5KM, 10KM, HALF MARATHON

SATURDAY  
06.09.25

LAERSKOOl GAMTOOSVALLEI  
TEDDY FERREIRA ROAD  
PATENSIE

[www.gamtoosfarmrun.com](http://www.gamtoosfarmrun.com)

21.1KM 07H30 / 10KM 07H45 / 5KM 08H00  
EPA PARTICIPATION LEAGUE



web tickets  
your tickets your way

